



# Pre-K Menu: May 4 - 8, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5/4	5/5	5/6	5/7	5/8
<b>Breakfast</b>	Whole Grain Cheerios Fresh Orange Slices, ½ c Milk	WG Chicken & Biscuits (2) Fresh Fruit Cup, ½ c Milk	Turkey Sausage Links (2) WG Waffle with Syrup Cantaloupe Cup, ½ c Milk	<u>Cold Plate:</u> WW English Muffin with Jelly Mixed Fruit Salad, ½ c Milk	WW Pancakes (3) with Syrup Pear & Blueberry Cup, ½ c Milk
<b>Lunch</b>	Baked Chicken Strips (2) with Ketchup Garlic Mashed Potatoes, ½ c Green Beans, ½ c WW Roll Milk	Cheese Enchiladas Calabacita, ½ c Honeydew Cup, ½ c Milk	WG Spaghetti & Turkey Meat Sauce Peas & Carrots, ½ c Fresh Apple Milk	Hamburger with WW Bun Ketchup & Mustard Seasoned Oven Fries, ½ c Pineapple Tidbit Cup, ½ c Milk	Margherita Cheese Pizza Italian Blend Vegetables, ½ c Fresh Banana Milk
<b>Snack</b>	Iced Oatmeal Cookies, 1.5 oz Craisins, 1 oz	Pretzels, 1 oz 100% Orange Juice, 4 oz	Fruit Cocktail, ½ c WW Crackers (2)	WG Chocolate Graham Bear Applesauce Cup, ½ c	Fruit Yogurt Cup, 4 oz Apple Cinnamon Rice Cake
<b>Late Snack</b>	WW Crackers (2) Cheddar Rectangle, .75 oz	Chia Oatmeal Strawberry Bar Applesauce Cup, ½ c	Chewy Granola Bar, 1 oz Milk	Vanilla Wafers, 1.1 oz Craisins, 1 oz	Petite Carrots, 2 oz Multi-Grain Sun Chips, 1 oz

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WW = Whole Wheat  
WG = Whole Grain  
LF = Low Fat